food bars by varying the ingredients within the dietary guidelines for a variety of meals during the day.

Alternative embodiments of ingredients and format will be readily apparent to one of ordinary skill in the art in view of the teachings above, and fall within the scope and spirit of the claims.

## I CLAIM:

- 1. A meal-equivalent food bar comprising:

  segment dividers which divide the bar into segments

  corresponding to the plural courses of a meal including

  appetizer, main-course, and-dessert, wherein:
- (a) the appetizer ingredients include one or more appetite stimulants,
- (b) the main-course includes major nutrition ingredients, and
- (c) the dessert ingredients include one or more appetite depressants, whereby

the meal-equivalent food bar provides improved physiological and psychological support for the consumer.

at least one frangibl gthwise divider which divides the bar into strips, wherei

each select le strip is a meal-equivalent of p\_\_determind cal ries, whereby

the consume can select a meal with a known number of calories.

- 3. The food bar of claim 1, wherein said segment dividers are frangible scoll line markers.
- 4. The food bar of aim 1, wherein said segment dividers are edible barriers
- 5. The food bar of cl m 1, wherein said segment dividers are inedible separator
- divider is a deeply scor ! line.
  - 7. The food bar of claim wherein the frangible lengthwise divider is a weak edible ander connector.
  - 8. The food bar of claim is erein each segment of the bar is a mixed aggregate of segment-appropriate ingredients.
  - 9. The food bar of claim 1 verein the bar has a core of bar-common ingredients, and ach segment has outer layers of segment-appropriate ingredients.

- 10. The food bar or laim 1, wherein each segment has a core segment-appropria ingredients, and each segment has outer layers of commo ar ingredients.
- i. The food bar of clai 1, wherein each segment has a core first set of segment appropriate ingredients, and outer layers of further sets of agment-appropriate ingredients.